

For Your Health

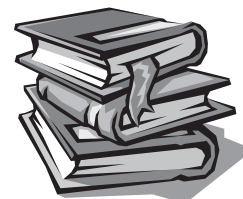
Frozen Yogurt

Join Atria Longmeadow Place at the COA for a healthy and tasty frozen treat! On Tuesday August 14 at 1:00 PM frozen yogurt will be served for your enjoyment. Please call the COA at 781-275-6825 to sign up!



Join the Adult Summer Reading Program at the Bedford Library

Between July 1 and August 23 read (or listen to audio books) and write the title of the book on the forms at the Circulation desk at the Library. Submit the completed form for your chance to be a winner! Every Friday a winner will be chosen, with a Grand Prize winner chosen on August 23!



Bedford Water Department

Peter Churchill will be at the Bedford Council on Aging on Wednesday July 10 at 10:00 AM to answer your questions about the town's water supply.

Floor Yoga with Laraine Lippincot

This new and exciting class will begin in September, if there is enough interest. This class will be held on Thursdays at 9:00 AM and Mondays at 1:00 PM. Please sign-up at the COA before August 16!



Staying Safely Hydrated with Foods and Liquids

Dehydration is a high risk for seniors especially during seasons of extreme heat. It is also a risk at anytime for those with certain digestive illnesses. However, some individuals have taken the "drink plenty of water" message to extremes and have overly hydrated themselves which can also cause medical complications. Peg Mikkola, RD will discuss this important topic on Monday July 29 at 12:30 at the COA.



Health Services

Now Weekly! Therapeutic Massage: Elements Massage of Woburn will be offering therapeutic chair massages every Wednesday from 10:30 AM - 12:30 PM. The cost is \$12 for a ten minute session (payable at the time of your massage). Please call the COA to schedule your appointment.

Podiatry Clinic: Dr. Bryant Tarr's next clinic is scheduled for **Friday July 12** from 8:00 AM to 11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment. Dr. Tarr will return **August 23 & September 27**.

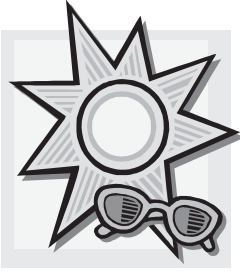
Ask a Nurse: Bedford Community Health Nurse Patty Moran will be at the COA on Mondays **July 29 & Aug. 26** and Fridays **July 12 & August 9** at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

SHINE Health Benefits Help! If you have questions about health benefits, our SHINE counselor will be available Wednesdays July 24 and August 14 beginning at 2 PM. Call to make an appointment! If you cannot leave your home, she will call you.

Free Hearing Clinics: Brian Knight from Rogers Hearing Solutions will be here on Tuesday July 9 & August 13 from 10:30-12. Joe Sarofeen of Apex Hearing will be here on Thursday July 18 & August 15 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need To Know

Bedford Summer Concert Series 2013



All concerts are held on the Town Common on Thursdays at 7:30 pm (exception July 4, concert begins at 5:00 pm). Rain cancellations or postponements will be posted on the Recreation Department's website (www.bedfordrecreation.org). Dan Clark, Singing Trooper, will be performing outside the Town Center Building July 4 at 5:00 pm (Patriotic and Broadway Tunes) July 11 Tim Gartland of Bedford (Contemporary Blues) July 18 Mike Tarara Band (Eclectic mix, 1960s-today) July 25 Soul of Boston (Hot R&B featuring Bedford's own Dave Ellis!) August 1 The Shana Stack Band (Top 40 country and original music).

The Kennedys Mini-Series

'The story of the most fabled political family in American history.' Come to a viewing every Thursday this July and August at 2:00 PM at the Council on Aging. We will play all eight episodes of this fascinating series. Join us just for one, or view them all!

An Evening with Stephen Collins

Join Stephen at the COA on Monday July 22 at 7PM for a captivating performance entitled 'A Search for Justice.' He will examine with you the issues of social, political and religious justice. Hear words from William Lloyd Garrison, John Brown, Abraham Lincoln, and Thomas Hardy. **Please sign up by calling the COA at 781-275-6825 by Wednesday July 17.**

Contemporary Poetry

Stephen Collins will return September 6 for a 6-week series on Contemporary Poetry! This class will focus mainly on post 1950's poets. The fee for this class is \$10 per session. **Pre-Registration is required by calling the COA at (781) 275-6825.**

FBCOA 50/50 Raffle

COA Administrative Assistant Alissa Anderson is expecting a baby boy this August! Her doctor says her due date is August 7, but what do you think?? Stop in the COA anytime before July 31 to make your guess! Guess the birthday, length, or weight of Baby Anderson! Just \$1 per guess. (Proceeds will go to the FBCOA and three lucky winners!)



New Current Events Group!

Check out the Current Events group each Thursday at 1:00 PM in the Fitch Room (2nd Floor Town Center Building) to discuss local, national and international topics. The group is under new leadership and all are encouraged to attend this interactive discussion! You do not need to be a Bedford resident to participate.

Taking Control of Your Future

Back by popular demand! Dale Tamburro returns on Wednesday July 24 at 1:00 PM to present on the different housing options and trusts available to seniors as well as answer any questions you may have. He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. He will return on Wednesday August 7 and again in September for more individual appointments. **Please call the COA at 781-275-6825 to schedule your appointment.**

Bedford Police Satellite Office

Elder Affairs Officer Kristen Dineen will be available periodically in the COA office and can also be reached by phone at 781-570-1567 or email: kdineen@police.bedfordma.gov for any NON-EMERGENCY questions. Please stop in just to visit or to ask a question!



The Computer Corner

Computer Drop-In All are welcome!!! Our friendly Computer Club volunteers will be here by appointment only for the summer to help those with questions about any aspect of computer use. Please call the COA to arrange an appointment.

Get Answers by Email! Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.